

Rec D. 10,000 7-1-69

L-792

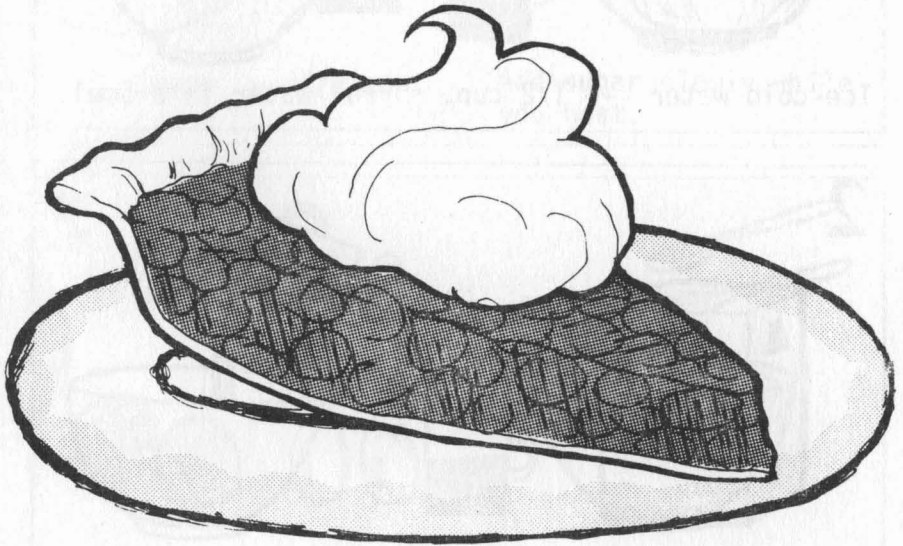
num -

20 Frances

1 to Mrs. Low

Nonfat Whipped Topping

This recipe makes about 2 1/2 cups.



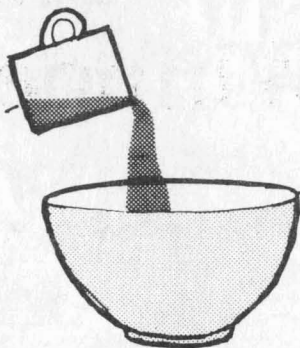
Here are some ways you can use whipped topping:

- in flavored gelatin as shown on the back of this recipe.
- on top of pie, pudding or other salads and desserts.

TEXAS A&M UNIVERSITY
TEXAS AGRICULTURAL EXTENSION SERVICE
J. E. Hutchison, Director, College Station, Texas

whipped topping

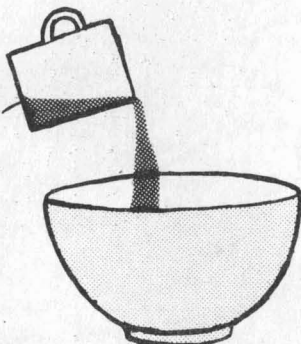
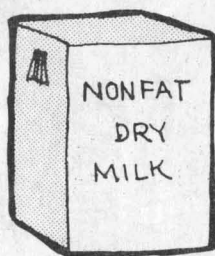
1



Ice-cold water - 1/2 cup.

Put water in a bowl.

2

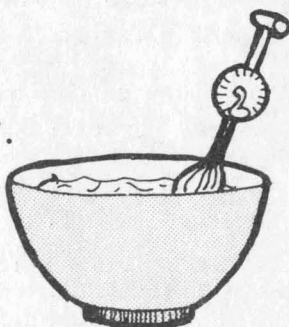


Nonfat dry milk - 1/2 cup.
(Instant or plain)

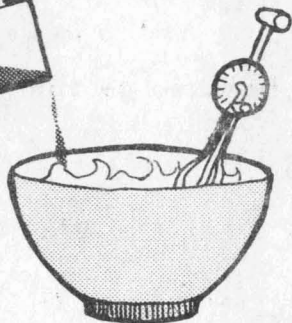
Put nonfat dry milk
in the bowl.

3

Beat until stiff.



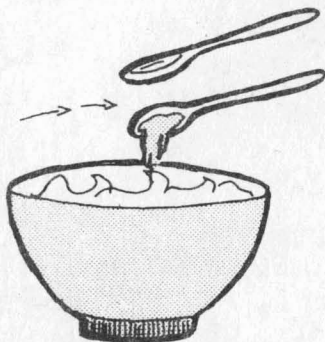
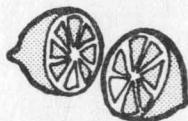
4



Sugar - 1/2 cup.

Add sugar slowly while you beat.

5

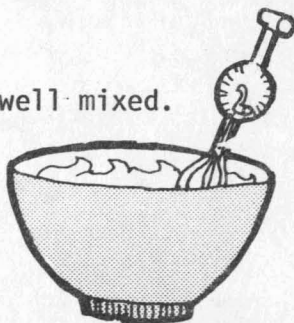


Lemon juice - 2 tablespoons.

Add lemon juice. It makes the topping stiffer.

6

Beat only until well-mixed.



How to Use Whipped Topping in flavored gelatin, such as Jello, Sparkle, or Royal.

1. Mix gelatin the way the package says.
2. Let the gelatin chill until it is as thick as egg white.
3. Whip it a little with a fork or egg beater.
4. Add fruit if you want to. Stir.
5. Fold Whipped Topping into gelatin.
6. Put in refrigerator to get thicker.

Published by Cooperative Extension Service,
Texas A&M University, College Station, Texas,
in cooperation with Faye Culver Thurston,
Specialist, Educational Methods, and Fariss
Prickett, Specialist, Foods and Nutrition,
Cooperative Extension Service, Auburn
University, Auburn, Alabama.

Cooperative Extension Work in Agriculture and Home
Economics, Texas A&M University and the United
States Department of Agriculture cooperating. Distributed
in furtherance of the Acts of Congress of May 8, 1914, as
amended, and June 30, 1914.